

OSSINING PUBLIC LIBRARY PRESENTS

EVERY DAY'S A HOLIDAY

EAT YOUR VEGETABLES DAY: JUNE 17

Interesting facts about vegetables

- Vegetables are the leaves, stems, roots, or other parts of certain plants that people eat.
- Some foods that people call vegetables are really fruits. Cucumbers, tomatoes, squashes, eggplants, and pumpkins are all fruits. They contain seeds, while true vegetables do not.
- The tomato was declared a vegetable by the US Supreme Court in 1893, for tax reasons.
- Edible broccoli is a part of the bigger flower. We eat the baby part of the flower as the mature parts of the green vegetable are bitter. Cauliflower is also a flower.
- Garlic is said to keep mosquitoes away.
- Cabbage and cucumbers are among the oldest known vegetables in the world.
- Potatoes were the first vegetable to be grown in space.



How to celebrate

- Make a [Mr. Potato Head](#) from an actual potato
- Make a [delicious dip](#) for veggies
- [Regrow](#) these vegetables in water!



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